



# Follow The Star

*With St George of England Church | Toddington*

**Create a star to display in your window**

**Visit the Nativity scene in the north porch  
of the church and add your own star**



# Star of Wonder

Dear Community,

This Christmas, we invite you to **Follow The Star** and create a star for the window of your home for weary travellers or curious children to spot - how many will you find?

We would also love you to make and leave a star as part of the Nativity installation on display in the north porch of **St George of England Parish Church**. Can we create a sky full of stars?

The ideas in this art pack are all low-cost, simple, fun and sensory so are suitable for a wide range of ages and abilities.

Share your starry makes to the **St George of England Church** or **Toddington Village Sensory Trails** Facebook pages so everyone can see them.

Happy Christmas to all from

St George of England Parish Church

Pack created by Julia @ Toddington Village Sensory Trails





# Milk Carton Lantern



## Resources

Empty milk cartons

Markers

An LED light - camping head torches work well

Tap water

## How to make it

Wash out your milk carton thoroughly and dry the outside.

Draw or paint on your starry design and leave to dry.

Fill your milk carton with water and screw the cap on tightly.

Position your LED light so it shines down and into the carton; the water diffuses the light and will make the whole bottle glow.

Display with pride on your window sill to light up the dark!

## Sensory Extras

If you have UV paints and a UV torch, try filling your carton with tonic water - the quinine in the tonic water fluoresces under UV light and creates a lovely blue glow.

If making these lanterns to be handled for a sensory play experience, try filling one with icy cold water and one with warm water to add some different tactile sensations; do not use hot water in case of scalding, hot water can also cause the cartons to sag and leak.



# Twiggy Stars

## Resources

6 sticks, all roughly the same length  
String, wool or ribbon - you may also find elastic bands helpful  
A few baubles

Optional - a set of battery-powered fairy lights

## How to make it

Lay your twigs out in a star shape and tie together tightly - this can be tricky, so if you have elastic bands, use these to hold the twigs in place and then tie decorative string/ribbon/etc over the top to cover them.

Hang with baubles and/or lights.

## Sensory Extras

If you don't have any spare baubles, then you could use pine cones or other natural items instead - pop along to your local woodlands to see what you can find. Cinnamon sticks, whole nutmegs or star anise also look pretty and smell great!

You could make your own baubles by cutting shapes out of cardboard and then wrapping them in foil. Punch a hole to thread string or ribbon through for hanging.

You can make these stars to any size, so you could make lots of tiny ones or even a huge one. They also look nice made into a mobile with a big star at the top and smaller twiggy stars hanging beneath.

Don't worry about how rough and ready these stars look - they're supposed to be a bit wonky. They also keep well, so tie the frame really securely and enjoy as a keepsake for many Christmases to come.





# Doughy Stars



## Resources

Quantity of salt dough (see over for recipe)  
Star cutters/stencils  
Paint  
PVA glue  
Ribbon or string

Optional - biodegradable glitter, beads,  
dried pasta shapes

## How to make it

Cut out and bake your stars ensuring you create a hole in the dough to leave a hanging loop.

When baked hard and fully cooled, decorate with paint. When paint has dried, seal and varnish with a coat of PVA glue.

Thread with ribbon or string - wide ribbon looks great with these!

## Sensory Extras

Add cinnamon, ginger, clove or allspice powder to your dough before baking, or brush the undecorated side of each star with a little orange oil or another favourite essential oil to add a festive scent; if you're scenting your dough stars, only paint and PVA one side.

Add jingle bells to the stars to create some noises. Also consider adding additional holes round the edges of your star to thread glittery streamers or strands of beads for more visual movement and interest.

Craft mirrors, beads, dried pasta or other embellishments increase visual appeal and make these lovely to handle. Stick embellishments on with PVA glue or a glue gun.



# Doughy Stars

## To make Salt Dough

Preheat your oven on its lowest temperature.

Line a baking tin with greaseproof paper or baking parchment

Mix a cup or mug of plain flour (around 250g) with half a cup of table salt (125g) - the fine, running kind, not lumpy rock salt or flaky sea salt - and half a cup of water (125ml).

Form together into a ball - it should not need to be kneaded.

Roll out on a lightly floured surface and use cutters or stencils and a butter knife to cut shapes.

Bake for around 3 hours or until the dough is hard. To double-check, turn over one of your dough shapes and knock on the underneath - if it sounds dull then the dough needs to be baked for longer.

## Top Tips

Salt dough works best with really simple shapes, so stars are ideal. You can use salt dough to create raised embellishments, but these are best baked separately and stuck on afterwards with PVA or a glue gun once cooled.

Position hanging holes so they aren't too close to the edges of your shape, otherwise the holes may crack and break during threading and hanging.

Dough stars can be painted on both sides, or you can keep one side raw. If you're making these as gifts or keepsakes, consider putting a hand or fingerprint on the raw side as an 'artist's' signature - they will also remind people in years to come how small your children once were.



# Smelly Stars



## Resources

Oranges

String

To make stars:

Whole star anise or small stars cut out of brown paper

## How to make it

Cut oranges into very thin slices, dab with kitchen towel to get rid of excess juice.

Space slices out on a baking tray and bake in a low oven (around 120 degrees) for around 3 hours. Turn over every 30 mins.

The cooking process will make your house smell amazing!

When cooled, thread with string to create hanging loops. Use a little PVA glue or a glue gun to add a whole star anise or a cut-out star to the centre.

## Sensory Extras

These little orange slices glow like stained-glass windows with lights behind them, so add fairy lights if you have them.

Try drying slices of lime, whole clementines or tangerines, or even whole chilies to create different colours. You can also create shaped frames out of wire and thread your dried fruit slices on to them to make a star-shaped smelly wreath.

Look out for mini star-shaped metal bird feeders and, when empty, clean and fill with dried orange slices, cinnamon sticks, bay leaves, or even a few clippings from your Christmas tree. Hang in your home or on your tree to create a festive scent,



# Suncatcher Stars



## Resources

Black paper or card  
Tissue paper or coloured cellophane sweet wrappers  
A clear A4 plastic wallet  
PVA glue

Optional - biodegradable glitter or sequins

## How to make it

Slit open the plastic wallet and flatten out, removing any binder holes.

Cut star outlines out of the paper/carboard.

Spread one half of the plastic wallet with a thin layer of PVA glue. Stick down the black star outline.

While the glue is still wet, sprinkle glitter on first if you're using it. Then fill up the shape with strips of tissue paper or sweet wrappers, using more glue if you need to; the more layers you build up, the darker the colour.

Spread the other half of the plastic wallet with glue, fold over to create a seal. When fully dry, cut round the black star outline. Attach to your windows. You can add a candle or LED light behind them so they can still shine at night.

## Sensory Extras

Position in your sunniest window and look for the colours reflected inside your house when the sun comes out.





# Seedy Stars



## Resources

600g wild bird seed  
95g Plain flour  
110ml water  
3 tablespoons of golden syrup  
Star-shaped cutters or moulds  
String or ribbon

## How to make it

Mix the flour, water and golden syrup together until you form a smooth paste.

Mix in the bird seed until thoroughly combined.

Press into your moulds firmly - really pack it in hard. Use a skewer or thin pencil to make a hanging hole; don't make it too close to the edge or your bird feeder may break.

Leave to dry for at least 8 hours or overnight. When hardened, add string or ribbon to make hanging loops

## Sensory Extras

Have a birdwatching session through your windows with snuggly blankets and hot chocolate. How many different types of birds will you see?

You could make pretend binoculars using the inner roll from some kitchen towel if you don't have any real ones. Cut two tubes and tape together, adding string to make a strap to hold them round your neck.



# Folded Stars



## Resources

Colourful paper or card - old flyers and leaflets work really well, or pages from magazines or even newspapers for a monochrome look

Scissors

Optional - biodegradable glitter, sequins, etc

PVA glue

Holepunch to make hanging holes

String or ribbon

## How to make it

Use the pentagon template on the next page or create your own - the bigger the pentagon, the bigger the star.

For first-timers, go for a big pentagon.

The best way to learn how to make these is to watch a video, click on the link below:

<https://www.cambridgeimprint.co.uk/how-to-videos/how-to-make-a-five-pointed-origami-star/>

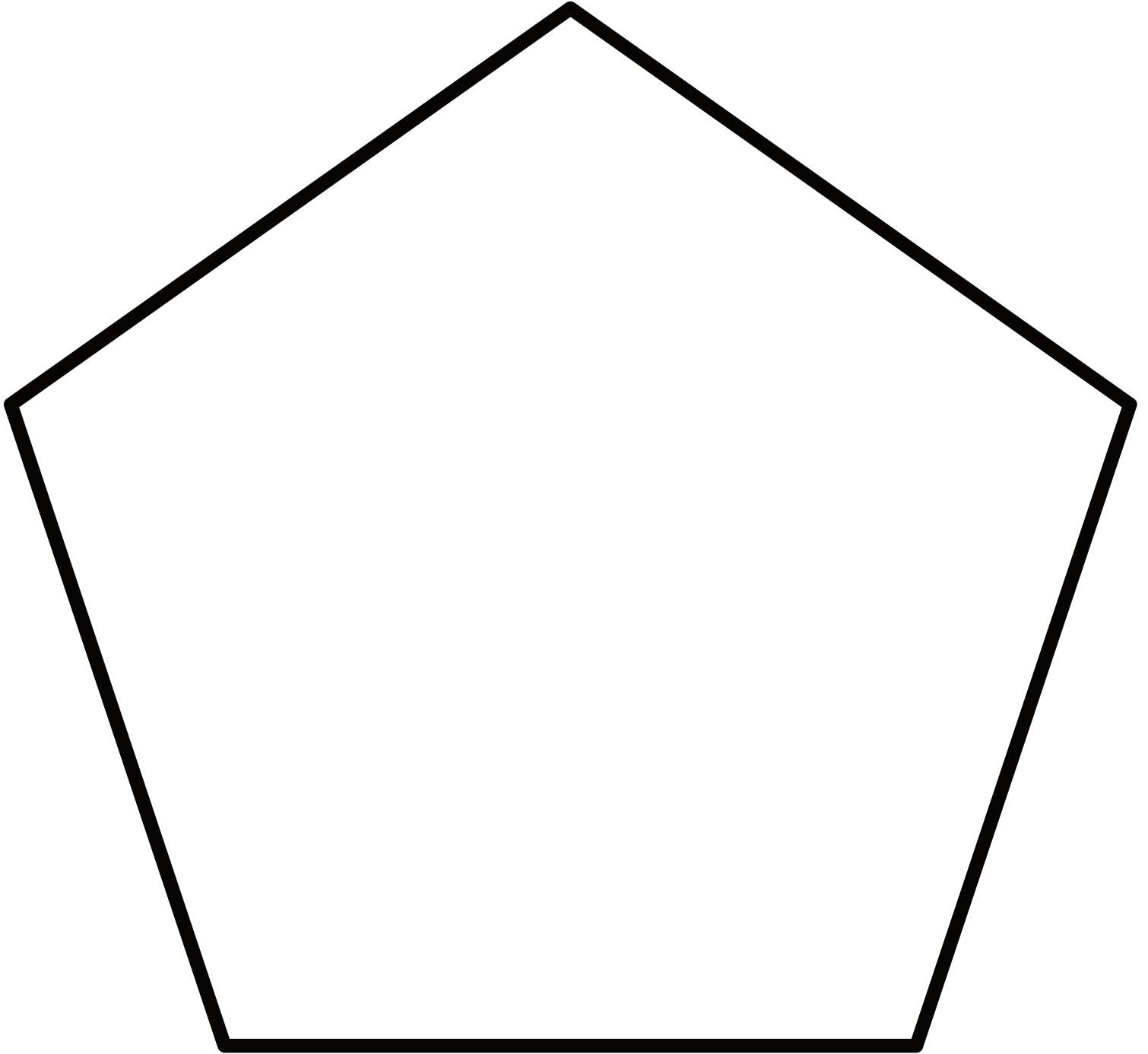
## Sensory Extras

Make lots, thread them with string or fishing line, and hang from a wire coat hanger or two crossed sticks to create a mobile.

If you have a single holepunch, the more holes you punch and clip, the more the light will show through. Pair with fairy lights for extra twinkles and shadows on your walls and ceiling.



# *Folded Stars*





# Woolly Stars



## Resources

Cardboard  
Scissors  
Wool or string

## How to make it

Cut a circle out of cardboard.

Choose how many points you would like your star to have, and then cut a corresponding amount of notches from the outside edge of the circle towards the centre.

Tie a knot in your string or wool and insert the free end through one of the notches, pulling the thread tight until the knot touches against the cardboard. This creates an anchor.

Wind and loop your thread across the circle, visiting each notch. Explore different ways to create patterns.

Using wool that is already colour graduated helps to create layers of colour. To create your own colours, you could dip sections of a long piece of string into paint or make natural dyes using mixtures of turmeric and water for yellow, beetroot juice for red, etc, or use solutions of food colouring to make green or blue.

## Sensory Extras

Use shiny cardboard or cover your circles with foil before winding on your threads; this helps create a reflective background that will catch the light.

Alter the cardboard design and make starry pompoms instead - lots of videos online for pompom-making. Use glittery or metallic thread or wool for extra sparkle.





# Slotted Stars



## Resources

Cardboard  
Pens, pencils or paint  
Scissors  
Wool or string

## How to make it

Cut out the star template on the next page - you will need two for each star.

Colour or paint your stars. Snip the stars to make slots, and slide the two pieces together. Add a hanging loop.

Create your own star templates adding as many points as you like. You can make huge ones from big pieces of sturdy cardboard, or lots of teeny tiny ones.

## Sensory Extras

Turn your slotted stars into shooting stars by adding tails made of streamers. Cut lots of strips from a carrier bag and attach to the bottom edges of your stars; carrier bag streamers flutter really well in the wind and also make a nice rustling sound.

Laminate your stars or cut them out of plastic tubs - ice cream tubs, butter packs, etc - to make weather-proof ones. To decorate, use acrylic paints, allow to dry fully, and then seal and varnish with a coat of PVA glue.



# Slotted Stars

